

NAS Oceana, Dam Neck Annex - Huntington Hall - NWS Yorktown - NWS Yorktown, Cheatham Annex

Discover

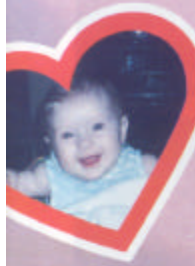
MWR

February 2003
Vol. 3, No. 2

NNSY - NSA Norfolk - Naval Station Norfolk - NAB Little Creek - NAS Oceana - NSA, Northwest Annex

MID-ATLANTIC REGION MORALE, WELFARE & RECREATION MAGAZINE

*Childcare...
who
to turn
to in
MWR!*



Message from Capt. George Koucheravy

Naval Support Activity and NSA, Northwest Annex
Support Services Program Manager



This month we celebrate Black Heritage Month, as well as honor some special people and our country with President's Day, Valentine's Day and Flag Day. As we celebrate these special days during the month, MWR continues to supply a variety of activities for the shortest month of the year!

This issue will highlight some of the childcare questions that many of our Sailors and family members have when they are seeking daycare services. Keep in mind there are many avenues available for those seeking help, and hopefully you will be able to use the information provided on pages 12 and 13.

For those who made "getting in shape" a part of their New Year's resolution, take a look at the fitness classes being offered in the region (pages 4 and 5). There are plenty of classes structured to help you meet your goals, so be sure to take full advantage of them.

Turning to the single Sailor, our Mid-Atlantic Region Single Sailor program, also known as LIBERTY, provides some of the best off-base trips and excursions you will find in the Navy. From professional sporting events and theme parks to skiing and white water rafting, our trips provide something for everyone. Additionally, we also have a state-of-the-art recreation center at every base in the region, designed for unaccompanied and/or single active duty members. These facilities provide a "home away from home" atmosphere where Sailors can participate in numerous activities such as playing pool, watching movies, surfing the Internet (for free) or munching on a favorite snack (pages 7, 8 and 9).

For the outdoor fitness types, the Outdoor Adventure Center has a couple of out-of-town ski trips, a cave and ski weekend and some local events as well (page 6). If you're keeping in the swing of things, there are two golf tournaments, the Snowman Invitational at NAS Oceana and the Annual Icicle Open at NAB Little Creek (pages 14 and 15). Also for the runners, there are two 5Ks scheduled this month - the Winter Sprint 5K at Dam Neck and George and Abe's 5K at Little Creek (page 5).

As you can see, there are many opportunities for you to feel special about yourself and about belonging to the Navy family this month. So remember, wherever you are...DISCOVER MWR.

Capt. G. Koucheravy
Captain, USN

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The information contained in this issue is current at the time of publication. Activities, events and hours of operation are subject to change. If you would like to receive a complimentary copy of Discover MWR through the mail or if you have comments and suggestions, please e-mail us at dlablemarketing@nablc.navy.mil or call 462-2982.

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Message from Capt. J.L. Becker Naval Station Norfolk



As the new Commanding Officer of Naval Station Norfolk, I am delighted with the opportunity to be the guest writer for this issue of "Discover MWR."

I have had the pleasure of serving in various locations throughout the United States and Europe during my career and have spent the last three years here in Norfolk at COMLANTFLT Headquarters. I can say with first-hand knowledge the Mid-Atlantic Region MWR is the finest I've ever experienced.

As an avid runner and swimmer, I really enjoy the region's top-notch Fitness and Sports program and I'm duly impressed with the superb fitness centers. My family and I also enjoy the outstanding MWR concert series, movie previews, and many other events organized by MWR.

I'm equally impressed with the job MWR has accomplished since 9-11. It has been a

period that challenged MWR to go beyond their normal mode of operation and stretch the envelope of service they provide. They have risen magnificently to the challenges posed by our President and Navy leadership.

As I settle into my job as Commanding Officer of the world's largest Naval Station, it's a comforting thought to know the buzzword for MWR has always been and always will be flexibility. Rapid and radical change is a part of their normal, everyday life. However, this is a new era and MWR is in a unique position to help support the mission, Sailors, and their families in so many ways. MWR's new motto says it all... "Mission First, Sailors Always!" But, it's not just a motto to MWR, it's their way of life. I look forward to "Discovering MWR" on a regular basis in the years to come.

Mid-Atlantic Region Commanders



Capt. J.L. O'Keefe, III
Naval Amphibious Base
Little Creek



Capt. J.L. Becker
Naval Station Norfolk



Capt. J.A. Leaver
Naval Air Station Oceana
NAS Oceana, Dam Neck Annex



**Rear Admiral
David Architzel**
Commander
Mid-Atlantic Region



Capt. M.A. Hugel
Norfolk Naval Shipyard



Capt. G.M. Koucheravy
Naval Support Activity
NSA, Northwest Annex



Capt. K.L. Skudin
Naval Weapons Station Yorktown
NWSY, Cheatham Annex

Fitness Classes!



Dam Neck Annex

Monday

Step Aerobics--6 to 7 a.m.
Interval Challenge--11:15 a.m. to 12:15 p.m.
Kickboxing--6 to 7 p.m.

Tuesday

Interval--6 to 7 a.m.
Abs Plus/Body Pump--11:15 a.m. to 12:15 p.m.
Power Yoga--5 to 6:15 p.m.

Wednesday

Step Aerobics--6 to 7 a.m.
Cardio--11:15 a.m. to 12:15 p.m.

Thursday

TNT--6 to 7 a.m.
Cardio-Step Pump--11:15 a.m. to 12:15 p.m.

Friday

Cardio-Step--Pump 6 to 7 a.m.

Saturday

Power Yoga--8:30 to 9:30 a.m.

Norfolk Naval Shipyard

Monday

Pace--6:15 to 6:45 a.m.
Pace--7 to 8 a.m.
Low Impact--11 a.m. to noon
Low Impact--5 to 6 p.m.
Yoga--6 to 7 p.m.

Tuesday

Basic Training--6:15 to 7 a.m.
Pace--7 to 8 a.m.
Step Aerobics--11 a.m. to noon
Step Aerobics--5 to 6 p.m.
Absolutely Abs--6 to 6:30 p.m.

Wednesday

Power Pace--6 to 7 a.m.
Pace--7 to 8 a.m.
Cardio Box--11 a.m. to noon
Basic Training--5 to 6 p.m.
Absolutely Abs--6 to 6:30 p.m.

Thursday

Pace--6:15 to 6:45 a.m.
Pace--7 to 8 a.m.
Step Cross Training--11 a.m. to noon
Step Cross Training--5 to 6 p.m.

Absolutely Abs--6 to 6:30 p.m.

Friday

Pace--6:15 to 6:45 a.m.
Pace--7 to 8 a.m.
Yoga--11 a.m. to noon
Instructor's Choice--5 to 6 p.m.

Saturday

Instructor's Choice--(2nd and 4th Saturday of month) 10:15 to 11:15 a.m.
Power Pace--(1st and 3rd Saturday of each month) 10:15 to 11:15 a.m.

Naval Support Activity

Monday

Cardio Kickboxing--11:30 a.m. to 12:30 p.m.
15-Minute Abs--12:30 to 12:45 p.m.
15-Minute Abs--4:30 to 4:45 p.m.

Tuesday

15-Minute Ab Blast--6:30 to 6:45 a.m.
Sculpt & Tone--11:30 a.m. to 12:30 p.m.
15-Minute Abs--12:30 to 12:45 p.m.
Yoga--5 to 6 p.m.



Wednesday

Cross Training--11:30 a.m. to 12:30 p.m.
15-Minute Ab Blast--12:30 to 12:45 p.m.
15-Minute Abs--4:30 to 4:45 p.m.

Thursday

15-Minute Ab Blast--6:30 to 6:45 a.m.
Sculpt & Tone--11:30 a.m. to 12:30 p.m.
15-Minute Abs--12:30 to 12:45 p.m.
Yoga--5 to 6 p.m.

Friday

Ground Base Circuit--11:30 to 12:30 p.m.
15-Minute Ab Blast--12:30 to 12:45 p.m.

NSA Northwest Annex

Monday

Reebok Core Board--11:30 a.m. to 12:30 p.m.
Resist-a-Ball--3:30 to 4:30 p.m.

Tuesday

Ab-Blaster--11:30 a.m. to 12:30 p.m.
Spinning--3:30 to 4:30 p.m.

Wednesday

Spinning--11:30 a.m. to 12:30 p.m.
Resist-a-Ball--3:30 to 4:30 p.m.

Thursday

Ab-Blaster--11:30 a.m. to 12:30 p.m.

Reebok Core Board--3:30 to 4:30 p.m.

Friday

Reebok Core Board--3:30 to 4:30 p.m.

NWS Yorktown

Monday

Cardio Strength Training--7 to 8 a.m.
Body Blast--11:30 a.m. to 12:30 p.m.

Tuesday

Power Step--11:30 a.m. to 12:30 p.m.
Cardio Kick Boxing--5:30 to 6:30 p.m.

Wednesday

Cardio Strength Training--7 to 8 a.m.
Cardio Sculpt--11:30 a.m. to 12:30 p.m.

Thursday

Cardio Sports Moves--11:30 a.m. to 12:30 p.m.
Cardio Kick Boxing--5:30 to 6:30 p.m.

Friday

Jabs and Abs--11:30 a.m. to 12:30 p.m.

Naval Station Norfolk

Monday

Step Aerobics--6 to 7 a.m. (Q-80)
Step Aerobics--6 to 7 a.m. (N-24)
Step Aerobics--11 a.m. to noon (N-24)
Step Aerobics--11:30 a.m. to 12:30 p.m. (Q-80)
Yoga--noon to 1 p.m. (N-24)
Aqua Aerobics--4:30 to 5:30 p.m. (Q-80)
Cardio Kickboxing--4:30 to 5:30 p.m. (N-24)
Trim & Tone--5:30 to 6:30 p.m. (N-24)

Tuesday

Boot Camp Class--6 to 7 a.m. (Q-80)
Cardio Kickboxing--6 to 7 a.m. (N-24)
Step Aerobics--11 a.m. to noon (N-24)
Trim & Tone--11:30 a.m. to 12:30 p.m. (Q-80)
Funk Aerobics--12:30 to 1:30 p.m. (Q-80)

Step Aerobics--4:30 to 5:30 p.m. (N-24)
Yoga--5:30 to 6:30 p.m. (N-24)

Wednesday

Step Aerobics--6 to 7 a.m. (Q-80)
Step Aerobics--6 to 7 a.m. (N-24)
Step Aerobics--11 a.m. to noon (N-24)





Fitness Classes

Step Aerobics--11:30 a.m. to 12:30 p.m. (Q-80)

Yoga--noon to 1 p.m. (N-24)

Aqua Aerobics--4:30 to 5:30 p.m. (Q-80)

Boot Camp Aerobics--4:30 to 5:30 p.m. (N-24)

Trim & Tone--5:30 to 6:30 p.m. (N-24)

Thursday

Boot Camp Class--6 to 7 a.m. (Q-80)

Cardio Kickboxing--6 to 7 a.m. (N-24)

Step Aerobics--11 a.m. to noon (N-24)

Trim & Tone--11:30 a.m. to 12:30 p.m. (Q-80)

Funk Aerobics--12:30 to 1:30 p.m. (Q-80)

Step Aerobics/Kickbox--4:30 to 5:30 p.m. (N-24)

Yoga--5:30 to 6:30 p.m. (N-24)

Friday

Step Aerobics--6 to 7 a.m. (Q-80)

Step Aerobics--6 to 7 a.m. (N-24)

Step Aerobics--11 a.m. to noon (N-24)

Step Aerobics--11:30 a.m. to 12:30 p.m. (Q-80)

Yoga--noon to 1 p.m. (N-24)

Saturday

Step Aerobics--9:30 to 10:30 a.m. (N-24)

NAB Little Creek

Monday

Easy Step--6:30 to 7:30 a.m.

Step Aerobics--11:30 a.m. to 12:30 p.m.

Tighten & Tone--4:15 to 5:15 p.m.

Tuesday

Tighten & Tone--9:30 to 10:30 a.m.

Spinning--11:30 a.m. to 12:30 p.m.

Beginning Step--4:15 to 5:15 p.m.

Hi/Lo Aerobics--5:30 to 6:30 p.m.

Wednesday

Step & Tone--6:30 to 7:30 a.m.

Double Step--11:30 a.m. to 12:30 p.m.

Interval--4 to 5 p.m.

Yoga--5:15 to 6:15 p.m.

Thursday

Senior Strength--9:30 to 10:30 a.m.

Kickboxing--11:30 a.m. to 12:30 p.m.

Spinning--4:15 to 5:15 p.m.

Step Aerobics--5:30 to 6:30 p.m.

Friday

Spinning--6:30 to 7:30 a.m.

Step Aerobics--11:30 a.m. to 12:30 p.m.

Bootcamp--4:15 to 5:15 p.m.

Saturday

Yoga--11:30 a.m. to 12:30 p.m.

NAS Oceana

Monday

Circuit Training--6:30 to 7:30 a.m.

Cardio Box--9:30 to 10:30 a.m.

Step Interval--11:30 a.m. to 12:30 p.m.

Body Sculpt--4:30 to 5 p.m.

Spin--5 to 6 p.m.

Kickbox Skills & Drills--6 to 7 p.m.

Tuesday

Yoga--6 to 7 a.m.

Step Aerobics--9:30 to 10:30 a.m.

Pilates--9:30 to 10:30 a.m.

Body Sculpt--11:30 a.m. to 12:30 p.m.

Pilates--5 to 6 p.m.

Step Aerobics--6 to 7 p.m.

Wednesday

Circuit Training--6:30 to 7:30 a.m.

Yoga--9:30 to 10:30 a.m.

Kickbox Skills & Drills--11:30 a.m. to 12:30 p.m.

Body Sculpt--4:30 to 5 p.m.

Step Aerobics--5 to 6 p.m.

Yoga--6 to 7 p.m.

Thursday

Pilates--6 to 7 a.m.

Pilates--9:30 to 10:30 a.m.

Double Step--11:30 a.m. to 12:30 p.m.

Yoga--5 to 6 p.m.

Spin (Rip and Ride)--6 to 7 p.m.

Friday

Cardiobox--6:30 to 7:30 a.m.

Yoga--9:30 to 10:30 a.m.

Spin--11:30 a.m. to 12:30 p.m.

Saturday

Pilates--8:05 to 9:05 a.m.

Instructor's Choice--9:10 to 10:10 a.m.

Yoga--10:15 to 11:15 a.m.

Naval Medical Center

Portsmouth

Monday

Cycle Reebok--11 a.m. to noon (Bldg. 215)

Kickboxing--11 a.m. to noon

Tuesday

Spinning--5:45 to 6:45 a.m.

Step Aerobics--11 a.m. to noon

Body Design--4:30 to 5:30 p.m.

Wednesday

Cycle Reebok--11 a.m. to noon (Bldg. 215)

Kick Boxing--11 a.m. to noon

Step Aerobics--4:30 to 5:30 p.m.

Thursday

Spinning--5:45 to 6:45 a.m.

Step Aerobics--11 a.m. to noon

Kickboxing--4:30 to 5:30 p.m.

Friday

Kickboxing--11 a.m. to noon

Saturday

Cardio Max--9:30 to 11 a.m.

Huntington Hall

Tuesday

Yoga--11:15 a.m. to 12:15 p.m.

Thursday

Yoga--4 to 5 p.m.



Races



February 18th
at 11:30 a.m.

Rockwell Hall Gymnasium
NAB Little Creek

For more information or
to register, call 462-4826!

February 12th
at 11:30 a.m.

Dam Neck Gymnasium

For more information or
to register, call 492-6631!



5K

OUTDOOR

Adventure Center

<http://www.mwroac.com>
492-6565

Kayak Roll Clinic

Wednesday, February 5
4 to 6 p.m.

\$10 per person

Stay in shape or get ready for next season by working on your roll during the off-season in a warm indoor swimming pool.

Day Ski to Massanutten

Saturday, February 22
5 a.m. to 8 p.m.

\$49 per person

This is our classic up and back ski trip to the Blue Ridge Mountains. It will be a long but great day!

Cabin Creekwood Ski & Cave Weekend

February 7 to 9 from
10 a.m. on Friday to
midnight on Sunday

\$65 per person

This will be a unique opportunity to enjoy two of the most exciting winter activities the Blue Ridge has to offer. We will ski at Wintergreen Resort and cave in Southwest Virginia, near the West Virginia border. We will spend the night relaxing around a blazing fire in a quiet, cozy mountain cabin near Wintergreen.

Rock Climbing Clinic

Wednesday, February 19
4 to 6 p.m.

\$14 per person

Learn new skills and stay in shape through the winter by experiencing the Rock Gym in Virginia Beach.



Liberty Single Sailor Program

February Liberty Trips

Washington, D.C. Trip

February 1

Naval Station Norfolk

Depart the Wind & Sea at 6 a.m.

Call 444-0981

Whale Watching Trip

Cost is \$10
per person

February 8
Dam Neck
Depart at noon

Call 492-6806

Ski Trip

February 8
Dam Neck
Time and cost TBA

Call 492-6806

Admirals Hockey



February 14, 15 and 28

All trips will leave NSA Northwest's
Mariner Center at 5:30 p.m.
and return by 11 p.m. Call
421-8104 for more details.

15th -- Paintball Trip. Naval Station Norfolk. To New Kent Paintball Field. Call 444-0981.

16th -- MacArthur Mall Run. Norfolk Naval Shipyard. Sunday from 2 to 9 p.m. Free transportation. Call 396-2451/1192 for details.

NBA Action



February 21
Naval Station Norfolk
Nets vs Wizards Trip

Cost is \$50
Call 444-0981 for times



NHL Action

February 22
Naval Station Norfolk

Red Wings vs Capitals
For details, call 444-0981.

Liberty Single Sailor Program

Huntington Hall

688-7451

3rd - Sign up now
through February 13 for our
Sweetheart Special
(includes chocolate
kisses, a carnation and a
Valentine card) for just \$7.



4th - Ping Pong Tournament

at noon
Prizes will be awarded!



5th & 19th - Free Movie Night
at 7 p.m. at Main Gate Movies

**6th & 20th - Video Game
Tournament** at 7 p.m.

6th - Couples 8-Ball Tournament
at 7 p.m. Win dinner and a cruise.

7th - Heart Throwing Contest
at noon



9th - Valentine Sprinkles
at 5 p.m.
Ice cream sundaes on Sunday.

12th - Valentine Bingo
starts at noon



14th - Valentine's 9-Ball
at noon.
Win a Valentine's treat!

**18th - Free Bouncy Boxing
Tournaments**



in the gym at noon

Naval Station Norfolk

444-4814



**11th & 25th
FREE Chili Lunch**
at Wind & Sea Recreation Center

Dam Neck

492-6806

2nd - Game Show Night
6:30 p.m.
Oasis Recreation Center

5th - Spades Tournament
6 p.m.
Oasis Recreation Center



8th - Movie Marathon
11 to 2 a.m.

**8th & 9th
Movie Premiere Weekend**
11 a.m., 1, 3, 5 and 7 p.m.
Oasis Recreation Center
Movie Room

**10th Ping Pong
Tournament**

6:30 p.m.
Oasis Recreation Center

11th - 8-Ball Tournament
6:30 p.m.
Oasis Recreation Center

12th Chess Tournament
6 p.m.
Oasis Recreation Center



Dam Neck

492-6806

**22nd Bingo Bonanza
& Banana Splits**



6 p.m. Oasis
Recreation Center

23rd Pizza Bowling

Seaside Lanes
6 p.m. Free pizza
& Cosmic Bowling



**24th
"See What's
Cooking"
Class**

Learn how to cook nutritious meals
using a microwave at 6:30 p.m.
at the Oasis Recreation Center.

25th - 9-Ball Tournament
6:30 p.m.
Oasis Recreation Center



**26th
Joust in the Gym**
6:30 p.m.
at the Oasis



Single Sailor Program

NSA Northwest

421-8104

8th - 9-BALL TOURNAMENT



from 5 p.m. to 1 a.m.
The tournament will
be held in Mariner
Community Center.
Win a cue stick!

12th & 26th - FREE Bowling

5:30 to 7:30 p.m.

Bowl to win valuable prizes on the
second Wednesday of the month
and a Bowling Ball on the
fourth Wednesday of the month.



22nd - PRESIDENT'S BIRTHDAY POOL TOURNAMENT

5 to 11 p.m.

Win a cue stick and case!

The tournament will be played in the
Mariner Community Center game room.



22nd - Free All-Nighters

6 p.m. to 6 a.m.

Tournaments, prizes, food & beverages.

Cheatham Annex

887-7514



MOVIE NIGHTS

Every Tuesday,
Wednesday and
Thursday from
7 to 9:30 p.m.

12th & 26th

FREE Pool Tournaments

at 4:30 p.m.

Register or sign up at the
Community Recreation Center
or call 887-7514 for details.



28th Karaoke Night

at 7 p.m.

Community Recreation
Center

Norfolk Naval Shipyard

396-2451

Sony Playstation Challenge

Every Monday at 6 p.m.

Compete to win great prizes.

Movie Marathon

Every Friday

from 11 a.m. to 10 p.m.



Spades/Computer Challenge

Every Tuesday at 6 p.m.
Free prizes!



POOL TOURNAMENT

Every Wednesday

at 6 p.m.

Free prizes!

Show your skills
on one of our
three pool tables.

Music Theme Nights

at the Rusty Anchor
Beginning at 6 p.m.

6th - Reggae

13th - Country Western

20th - R&B

14th Valentine's Day

Enjoy an enchanting evening
with your sweetheart and
listen to the sounds of
sweet music by candlelight.
Enjoy a variety of heavy
hors d'oeuvres
(for singles too).
Evening activities begin
at 6 p.m. Open to all
active duty E-1 to E-6
and one sponsored
guest, 18 years
and older.

NAB Little Creek

462-3117

Wednesday Night Tournaments

6:30 p.m.

at The Foc'sle



NAS Oceana

433-2391

Premiere Movie Night

Wednesdays, 7 to 9 p.m.

Enjoy free munchies while watching
our selection of the best monthly films.



90-Second Shoot-outs 8 & 9 Ball

Pool Tournaments
Thursdays, 7 to 11 p.m.

Prizes awarded to winners.

Showing this Month



SHOW TIMES

Thursday at 7 p.m.
Friday at 7 & 9:15 p.m.
Saturday at 1, 4,
7 & 9:15 p.m.
Sunday at 1, 4 & 7 p.m.

FREE MATINEE

Saturday & Sunday
1 p.m.



*The Two
Towers*
(PG-13)

*Star Trek:
Nemesis*
(PG-13)



*Maid In
Manhattan*
(PG-13)

*Wild
Thornberrys*
(PG)



*About
Schmidt*
(R)



*Two Weeks
Notice*
(PG-13)

*Catch Me
If You Can*
(PG-13)



For the movie schedule recording, call
NAB Little Creek 462-7534
NAS Oceana 433-2495

YOUTH Activities

KID'S Stuff

Norfolk Naval Shipyard Youth Valentine Dance



Friday, February 7
6 to 9 p.m.

Cost: \$3 (includes refreshments)
Open to youth ages
five through 12



Summer Registration Already?

That's right! Oceana is
currently taking
registrations for their
2003 Summer Camp!
Call 433-3976
to find out details!

DEFY

DRUG EDUCATION FOR YOUTH

Would you like your child to participate in a
Drug Education and Prevention Program? DEFY
programs are being offered at area centers.



Gifts from the
HEART



NSA Norfolk Housing Centers
are selling LOVE BUGS

Gift includes a candy-filled
lady bug with message.

Drop by your housing office
or youth center to purchase
a bunch. Only \$2 each!



Registration has begun and leagues are
now forming at Yorktown Youth Center.
Many youth age divisions offered. \$25 to participate.

**Coaches
Needed!**

Soccer season starts in March
Baseball season starts in April

Other centers offering T-Ball and Baseball
Leagues this year are NNSY, Oceana and
NSA Norfolk Housing Centers. Call today
to find out registration days and times.



FREE Recreation Programs

are now offered at
NAB Little Creek, Northwest
and NSA Norfolk. Call today
about space availability and
days the program is offered.



NSA Northwest

Spring registration
is underway for our

Youth Bowling League

Don't miss this one!

The **Positive Place For Kids**



BOYS & GIRLS CLUBS
NAVY MWR MID-ATLANTIC REGION

NSA Northwest	421-8258
NSA Norfolk	444-2853
NWS Yorktown	887-4310
NAB Little Creek	462-8718
NAS Oceana	433-3276
Norfolk Naval Shipyard	396-1990

Child Development Program

Taking care of your children is

Resource and Referral

The Resource and Referral Office provides one-stop shopping for Sailors and their family members in all areas of childcare. This includes information and placement assistance in Navy Child Development Centers, Navy certified Child Development Homes, Navy School Age Care programs and accredited civilian centers. They also offer phone or personal consultations and a written guide to help parents identify childcare needs, evaluate options, and choose quality affordable childcare. The Mid-Atlantic Region Resource and Referral office is located in building P-4 at Naval Station Norfolk, 444-3670/7420.



Child Development Homes

The Navy Child Development Homes (CDH) program offers home-based care by Navy certified providers. All Navy certified homes are inspected by fire and safety officials, and receive monthly, unannounced visits by qualified CDH monitors. This program offers working parents an alternative to full-time, part-time, drop-in, weekend, overnight, before and after school and special childcare needs.



A Career Choice for the 21st Century

On or off-base, the Child Development Home (CDH) profession offers providers the opportunity to work in their own home and watch their own children grow and develop while, at the same time, caring for children of military families and earning an additional income.

CDHs provide a warm, family setting in which children can participate in developmentally appropriate learning activities, as well as home-life experiences. The children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.



ms (CDP) their pleasure!

Resource & Referral Office

444-3670/7420

FAX: 444-2314

Child Development Centers

Operating seven accredited Child Development Centers (CDC) in the Navy Mid-Atlantic Region, the centers maintain more than 1,000 spaces providing developmental appropriate care for infants through preschool age children.

Currently there are openings for children of all ages at our centers. Reservations for any of the Child Development Centers or Child Development Homes are made by contacting the Regional Resource & Referral office.



Navy Mid-Atlantic Region Child Development Centers are located at the following addresses:

Dam Neck Annex

Regulus Avenue, Bldg. 202

NAB Little Creek

A Street, Bldg. 3364

NAS Oceana

3rd Street, Bldg. 331

NNSY Portsmouth

Scott Center Annex, Bldg. 1510

NWS Yorktown

Lebanon Church Road, Bldg. 2033

Northwest Annex

Relay Road, Bldg. 383

NSA Norfolk

Hampton Boulevard, Bldg. 332

School Age Care

The *Positive Place For Kids*



BOYS & GIRLS CLUBS
NAVY MWR MID-ATLANTIC REGION

The School Age Care (SAC) programs are offered to children 6 to 12 years old for before and after school hours, holidays and during school vacations. This program complements, rather than duplicates the school day. With nine SAC facilities located throughout the region, transportation is provided to and from various schools in the area. Teen programs, youth sports, Kindergarten care, camps and family events are some of the activities that are offered as part of the Navy Youth program, which are chartered with the Boys and Girls Clubs of America. Contact your local center on programs offered.





Golf Courses



Aeropines
8th Annual



Snowman Invitational

Tuesday, February 18 at NAS Oceana
Shotgun start at noon; muster at 11:30 a.m.

\$15 per eligible patron; \$18 for guests
(Carts are not included in the fee)

Registration deadline is February 15 or until filled.
Entry fees are due upon registration.

For more details, call the Pro Shop at 433-2866.



Annual Icicle Open

Saturday, February 22

Eagle Haven Golf Course
NAB Little Creek

Tee times
begin at
10 a.m.

Four-person,
one-club
tournament!

Cost is \$20 for eligible patrons and \$25 for guests
(includes 18-holes of golf, cart, prizes, hot chili and refreshments after the tournament).

Registration and fees are taken at the Eagle Haven Pro Shop. For details, call 462-8526.



Golf Courses



Special Off-Season Rates

Winter golf rates
are in effect
through February 28
at NAS Oceana,
NAB Little Creek
and Sewells Point.

Weekdays only: Pay regular fee and play all day
Military, 18 holes with cart, \$18
Military foursome with carts, \$60
Civilian, 18 holes with cart, \$28
Civilian within foursome, \$25

Weekends & holidays: Pay regular fee and play all day
Weekday rates listed above are good on
weekends and holidays AFTER 11 a.m. ONLY!

Sewells Point Lunchtime Range Ball Special



Monday through Friday
from 11 a.m. to 1 p.m.
Buy one bucket of range
balls and get one free.

Eagle Haven Men's Golf Association

How about a round of golf with your buddies? Applications are now being accepted for the Eagle Haven Men's Golf Association.

Call David Schaefer at 497-9164
or the Pro Shop at 462-8526
for additional information.



KEGLER'S KORNER


Naval Station Norfolk Liberty Lanes



UNLIMITED \$1 GAMES

Monday through Friday
1 to 4 p.m., (per person)

LUNCH SPECIAL ONLY

 \$8 per person
Monday through Friday
9 a.m. until 1 p.m.
Three games, shoe rental
and one lunch selection!

Call 451-0100 for details.



NSA Northwest Bowling Center

Win a FREE Flintstone Bowling Ball


Play three regular price games
through the 13th, and you are
eligible to win this brand new ball.
Drawing to be held on the 15th.

Romantic Valentine's Day Bowling

Bowl with your sweetheart for \$5
per hour per lane (shoes not included).

Have the Place to Yourselves

Reserve all four lanes for a party.
Cost is \$10 per hour per lane
with shoes included.

 **Special event reservations available!**
Call 421-8267 for hours of operation
or additional information.



Dam Neck Seaside Lanes

Pizza Bowl for only \$15 per lane

Includes two hours of
bowling and one large,
one-topping pizza.
Every Wednesday,
5 until 11 p.m.
(six bowlers per lane max,
reservations suggested).



Big Dawg - Big Game \$5 Special

Includes two "Big Dawgs" and two games.
Every Monday, 9 p.m. to close.

Rent-a-Lane



\$5 per hour

Monday through Friday, 1 to 4 p.m.

Unlimited \$1 Games (per person)

Monday through Friday
10:30 a.m. to 1 p.m.

Cosmic Rock-n-Bowl \$25 per Lane

Every Friday
10:30 p.m. to 1 a.m.
(reservations suggested)



Cosmic Rent-a-Lane \$30 per Lane

Saturdays, 11 p.m. to 2 a.m.
(Reservations suggested)

Command functions, parties,
group specials and professional
instruction available!

Call 492-6341 for more information.

KEGLER'S KORNER

NAB Little Creek Gator Bowl

Extreme Bowling
\$2.50 per game

Friday 10 p.m. to midnight, Saturday 9 p.m.
to midnight and Sunday noon to 4:30 p.m.

Lunch Special
only \$7 (per person)

Monday through Friday, 10 a.m.
until 2 p.m. Enjoy three games
of bowling with shoe rental
and a strike burger combo.

Call 462-7952 for hours of operation
and more information.



Norfolk Naval Shipyard Strike Zone

**Sweetheart Double BVL
Walk-in Tournament**

February 16th at 1:30 p.m.

(check-in at 1 p.m.)

Entry Fee: \$20 per couple

Optional Brackets: \$6 per entry
(rules and forms are available at entry table)

Sponsored by
Portsmouth Women's
Bowling Association



Our Ten Pin Grill Specials



Chicken Patty Combo - \$3.75

Personal Pan Pepperoni Pizza - \$3



\$1 Games!
ALL DAY MONDAY
396-3808



NAS Oceana Freedom Lanes

Save BIG on a Play & Save Pass

Good for 20 games of open bowling
Now only \$20 (\$15 savings)

Call 433-2167 for more information.

NWS Yorktown Twin Pin Bowling Center

No Tap Tournament
February 2:



**Cosmic
Bowl**

February 7, 21 & 28

8 to 11 p.m.

\$8 per person

Third Game Free

February 8 & 22

Bowl two games and
get a third game free!



Red Pin Bowling

Every Sunday
from 2 to 9 p.m.



Call 887-4207 for hours and more information.

Our catering services offer the perfect wedding arrangement!



*We offer wedding
packages
unlike any other.*



*Allow one of our catering
specialists to help you create
your dream day.*

*Call our
catering offices
at*



*Trust our
expert catering staff
to provide the
final touch
to your
perfect day!*

*Naval Station Norfolk
Club Pier 26
440-5483*

or

*Breezy Point O' Club
444-0773*

*NAB Little Creek
462-2418*

*Dam Neck
492-6233*

*NAS Oceana
425-7211*

*NNSY Portsmouth
396-3660*



ITT Your Ticket to Savings

Win
a
Vacation
for your
Valentine!

Register
to win a seven day
vacation package and up
to \$1,000 travel expenses with
Armed Forces Vacation Club.

Enter at any Mid-Atlantic Region ITT Office.
Contest is open to active duty and their
family members 18 years and older.

Vacation Valentine

Name _____

Rate/Rank _____

Duty Station _____

E-mail _____

Phone (H) _____ (W) _____

No purchase necessary. Entries must be received by
February 13 with the drawing to be held on February 14.

Contest Rules

No purchase necessary

To enter this contest visit your local ITT office and fill out an entry form. The contest runs through February 13, with the drawing at the local ITT on February 14.

Grand prizes

Each participating base will give away one Armed Forces Vacation Club vacation and up to \$1,000 travel reimbursement. The travel reimbursement is payable based on JTR mileage and only after proof of a vacation being booked is shown to local ITT point of contact. The vacation must be used within one year of winning. Manufacturer's Suggested Retail Price: \$1,250.

Prize transfer

No prize transfer (e.g., cash surrender value for this travel package) will be awarded to any of the winners.

How to enter

The contest requires entrants to submit all the requested/required information appearing in the official entry form to your local ITT office in person. Incomplete, erroneous or altered entry forms will not be eligible for consideration.

Eligibility

Entrants must be active duty service members of the United States Armed Forces or their immediate family members: Individual Ready Reserve and Selected Reserve, or their immediate family members; and active duty members of the other Uniformed Services or a family member, serving, stationed, or residing at a U.S. Navy installation, station, unit, or ship. Winning entrants must be 18 years of age on or before February 14, 2003, and possess a valid active duty identification card or a valid family member identification card, verified through DEERS, as applicable. Further, winners must continue to be in an active duty status, belonging to one of the organizations named above, or a lawful family member of an active duty person of one of those organizations, through January 1, 2004 to accept the grand prize travel package. Only one member per family will be eligible to receive a prize, however each eligible family member over the age of 18 may enter the contest. Limit one entry per eligible family member.

Uniformed members and civilian government employees of Navy Personnel Command, Personal Readiness and Community Support Department (PERS-6), and their immediate family members (parents, children, siblings and spouse) are ineligible to participate in this contest.

Prize acceptance

Winners and their guests are solely and personally responsible for all applicable federal, state, and local income and sales tax.

Public release and media

All entries become the sole property of Navy MWR and will not be returned. Should any dispute arise as to who is the participant or winner of the grand prize, all decisions and rulings will be made by Navy MWR and will become final and binding. Furthermore, all entrants release and agree to hold harmless Navy MWR, the U.S. Navy, and the Department of the Navy, and their respective officers, employees, agencies, and other persons participating in this contest, from any and all liabilities, losses, damages, rights, claims, and causes of action of any kind in connection with his/her participation in the contest, or resulting from acceptance and participation of any of the scheduled events, without limitation, whether suffered by entrant, guest, or any third party. This contest also is subject to all applicable federal laws and regulations. By participating, entrants agree to be bound by these official rules and the decisions of the judges, which are final and binding in all respects.

Notification

Finalists will be confirmed and their commands contacted by using the information submitted by entrants on the official entry forms. Once this has been done, winners will be notified via telephone and/or email.

ITT Your Ticket to Savings

*They're Coming!
Are you going?*



Harlem Globetrotters
Sunday, March 9th
4 p.m. at the
Ted Constant
Convocation Center
\$17.50 or \$13.50
Great Seats!

**Norfolk Naval Shipyard
ITT Office
NEW Hours of Operation**

Monday through Friday
8:30 a.m. to 4:30 p.m.

International Dining Book
..... \$35.00

HRT Super Saver
Book of 10 passes..... \$10.00

Motor World
Adult 13 & older..... \$21.00
Youth 7 to 12 \$20.00
Child 6 & under \$10.50

FOR INFORMATION, CALL

Cheatham Annex	887-7418
Dam Neck	492-6105
NAB Little Creek	462-7665
NAS Oceana	433-3301
Naval Station	445-6663
NSA Norfolk	836-1819
NNSY Portsmouth	396-1776
NWS Yorktown	887-4609
Northwest Annex	421-8628
NMC Portsmouth	953-5439

Note: Prices are subject to change without notice. All tickets may not be available at all locations.




RINGLING BROS. & BARNUM & BAILEY
THE GREATEST SHOW ON EARTH
BELLO!
ALL NEW!
Ringmaster **JOHNATHAN LEE IVERSON**

**Ladies and Gentlemen,
Children Of All Ages ...**

Ringling Bros. and Barnum & Bailey returns with a never before seen show to captivate your imagination!

Save **\$3** on tickets at all MWR ITT Offices!

Norfolk Scope
February 19 - 23

Hampton Coliseum
February 26 - March 2

Thursday at 7:30 p.m.

Friday at 7:30 p.m.

Saturday at 11:30 a.m., 3:30 & 7:30 p.m.

Sunday at 11:30 a.m. & 3:30 p.m.

Note: \$1.50 facility fee at Hampton Coliseum only!

BUSCH GARDENS

WILLIAMSBURG, VA
An Anheuser-Busch Adventure Park®

Busch Gardens 2003 Season Passes

Busch Gardens or
Water Country USA
\$70.50, gate \$99.99

Combination Pass
\$92.50, gate \$129.99
All passes include parking.

Anheuser-Busch Parks Seaworld Florida

Adult \$43.75, gate \$55.33
Child 3 to 9 \$36.00, gate \$45.74

Tampa

Adult \$43.75, gate \$55.33
Child 3 to 9 \$36.00, gate \$45.74

Discovery Cove Florida

With Dolphin Swim
..... \$192.00, gate \$210.94
Non-Swim
..... \$113.50, gate \$126.14

ITT Your Ticket to Savings

Walt Disney World



6-Day Hopper Plus

(Magic Kingdom, Epcot, MGM,
Animal Kingdom)
Adult \$278.50, gate \$306.37
Child 3 to 9 \$223.75, gate \$245.95

5-Day Hopper Plus

Adult \$249.75, gate \$274.57
Child 3 to 9 \$200.50, gate \$220.49

5-Day Park Hopper

Adult \$220.75, gate \$242.74
Child \$177.25, gate \$195.04

4-Day Park Hopper

Adult \$192.00, gate \$210.94
Child 3 to 9 \$153.25, gate \$168.54

Note: Hopper Plus includes the following: Wide World of Sports, Pleasure Island, Typhoon Lagoon, River Country and Blizzard Beach.

Pleasure Island

All \$14.50, gate \$21.15

Disney Quest

Adult \$24.50, gate \$32.86
Child 3 to 9 \$19.50, gate \$26.50

Blizzard Beach

or

Typhoon Lagoon

Adult \$30.00, gate \$32.86
Child 3 to 9 \$24.75, gate \$26.50

Catch Admirals Hockey Action Here!



Tickets now available
at any Mid-Atlantic
Region ITT Office.

All tickets are available on
a first-come, first-serve basis.

February Home Games at the Scope

1st at 7:05 p.m. &
2nd at 7:30 p.m.
Hartford Wolf Pack

16th & 17th at 7:30 p.m.
Wilkes-Barre/
Scranton Penguins

21st at 7:05 p.m.
Philadelphia Phantoms

23rd at 7:30 p.m.
Hershey Bears

Movie Tickets

AMC \$5.25, gate \$7.50
Regal \$5.75, gate \$7.25
Harbour View \$5.25, gate \$7.25

Value Checks

Coupon book \$10.00

Virginia Air & Space Museum

Feature
Adult \$7.50, gate \$10.00
Child 3 to 11 \$6.25, gate \$8.00

IMAX Double Feature

..... \$8.50, gate \$9.50

Virginia Marine Science Museum

Adult \$12.00, gate \$15.95
Child 4 to 11 \$10.50, gate \$11.95
All exhibits and one I-MAX
(3 and under free)

Washington, D.C. Tourmobile

Adult \$16.50, gate \$18.00
Child 3 to 11 \$7.50, gate \$8.00

Mid-Atlantic Region Bachelor Housing Earns Zumwalt Award for Service

Congratulations to NWS Yorktown Cheatham Annex for winning the Admiral Elmo R. Zumwalt Award for outstanding management and quality of service provided to Sailors, similar to that provided by a five-star hotel.



Other bases in the region also were recognized, earning Star Accreditation for outstanding quality customer service, leadership and management. Each facility offers state-of-the-art accommodations and consistently provides superior customer service.



*Accreditation
Winners*

Naval Station Norfolk
Visiting Quarters

NAS Oceana
Visiting Quarters

NAB Little Creek
Visiting Quarters

Dam Neck Annex
Visiting Quarters



*Accreditation
Winners*

Dam Neck Annex
Permanent Party

NAS Oceana
Permanent Party

Congratulations to the staff and management of these facilities.





Dam Neck Annex

Aquatics Indoor Pool	492-7183
Automotive Skills	492-6266
Bowling Center	492-6341
Campground	492-7545
Child Care	492-8683
Clubs	
SeaBreeze Officers' Club	492-6146
Shifting Sands Beach Club	492-6146
Gymnasium	492-6101
Fitness	492-7185
Wellness Center	492-7483
Internet Service	492-6806
ITT Office	492-6105
Outdoor Adventure Center	492-6565
Picnic Reservations	492-6105
Rental Center	492-6565
Single Sailor	492-6806

Naval Air Station Oceana

Aquatics	
Enlisted	433-2825
Officer	433-3285
Automotive Skills	433-3403
Bowling Center	433-2167
Child Care	433-3164
Clubs	
Enlisted Club	433-3197
CPO Club	433-2637
Officers' Club	428-0036
Golf Course	433-2866
Gymnasium	
Sports and Fitness	433-2695
PRT Center	433-3928
Internet Service	433-2453
ITT Office	433-3301
Library	433-2401
Movie Theater	433-2092
Outdoor Equipment Rental	433-3215
Picnic Reservations	433-3215
Single Sailor	433-2453
Skeet and Trap	433-2875
Stables	433-3266
Youth Center	433-3976

NAB Little Creek

Aquatics	
Gator Pool	462-7173
Liberty Pool	462-8139
Pierside Pool	462-8280
Automotive Skills	462-7339
Bowling Center	462-7952
Campground	462-7282
Child Care	462-7868
Clubs	
CPO Club	462-2417
Foc'sle	462-3117
Snug Harbor Club	462-2417
Fitness Center	462-2399
Golf Course	462-8526
Gymnasiums	
Pierside	462-8280

Rockwell Hall	462-7735
Internet Service	462-3117
ITT Office	462-7665
Library	462-7691
Marina	462-7140
Movie Theater	462-7534
Picnic Reservations	462-4623
Rental Center	462-7516
Single Sailor	462-3117
Wood Shop	462-7605
Youth Center	462-8718

Naval Station Norfolk

Aquatics	
FRP Indoor Pool	444-2134
X-73 Indoor Pool	444-2193
SP-53 Outdoor Pool	444-8371
M-48 Outdoor Pool	444-4929
Q-80	444-1288
Automotive Skills	444-8383
Bowling Centers	
Liberty Lanes, P-86	451-0100
Pierside Lanes, CEP-127	451-0600
Clubs and Restaurants	
Breezy Point O' Club	444-0773
Club Pier 26	440-5483
CPO Club	440-5483
Thimble Shoals	445-1831
A&W Restaurant	451-0100
CraftTech Hobby Store	444-3846
Gymnasiums	
N-24	444-2276
U-40	444-4031
CEP-58	444-4016
Q-80	444-1267
Internet Service	
C-9	444-2888
Q-80	444-1216
ITT Office	445-6663
Main Gate Movies	440-1500
Marina	444-2918
Picnic Reservations	
Breezy Park	444-2536
Fleet Recreation Park	444-2536
Rental Center	444-4388
Sailing Center	444-2918
Single Sailor	
C-9	444-0981
Q-80	444-1216
Wood Shop	444-3846

NWS Yorktown

Aquatics, Skiffs Creek	887-4611
Automotive Skills	887-4602
Bowling Center	887-4207
Child Development	887-4733
Club	887-4555
Golf Course	887-4323
Gymnasium	847-7828
Internet Service	847-7859
ITT Office	887-4609
Rental Center	887-4602
Single Sailor	847-4555
Youth Center	887-4733

NWS Cheatham Annex

Aquatics, King's Point	887-7602
Automotive Skills	887-7176
Campground	887-7224

Club	887-4272
Fishing Activities	
Cheatham Lake, Jones Pond and	
Penniman Lake	887-7418
Supply Pier	887-7418
Golf Course	887-7159
Gymnasium	887-7453
Outdoor Recreation	887-7418
Recreation Cabins	887-7224
Single Sailor	887-7514
Youth Center	887-7514

Naval Support Activity Norfolk

Club	836-1801
Child Care	444-3239
Golf Course	444-5572
Gymnasium	836-1812
ITT Office	836-1819
Picnic Reservations	836-1959
Youth Centers	
Ben Moreell	444-5690
Norfolk Crossing	445-4591
Willoughby	445-4607

NSA Northwest Annex

Aquatics	421-8268
Automotive Skills	421-8264
Bowling Center	421-8267
Campground	421-8264
Child Care	421-8266
Club	421-8250
Fitness Center	421-8263
Gymnasium	421-8303
Internet Service	421-8628
ITT Office	421-8628
Rental Center	421-8264
Picnic Reservations	421-8264
Single Sailor	421-8104
Youth Center	421-8258

Norfolk Naval Shipyard

Aquatics	
Scott Center	396-7480
All Hands	396-7566
Automotive Skills	396-5871
Bowling Center	396-3808
Child Care	396-5863
Club	396-5054
Gymnasium	396-2770
Internet Service	396-2451
ITT Office	396-1776
Picnic Reservations	396-1776
Rental Center	396-7442
Single Sailor	396-2451
Youth Center	396-1990

NMC Portsmouth

Aquatics	953-5946
Fitness	953-6130
Gymnasium	953-7024
ITT Office	953-5439
Outdoor Recreation	953-5855
Picnic Reservations	953-5855
Sand Bar Center (Club)	953-5017

Miscellaneous

Childcare	
Resource & Referral Office	444-3670

Join the Navy MWR Team

We offer a variety of promotion and benefit opportunities and flexible scheduling options!

Recruiting for the following positions

- Bartenders
- Waiters and Waitresses
- Cooks
- Food Service Workers
- Custodial Workers
- Recreation and Fitness
- Facility Assistants and Maintenance
- Greenskeepers and Gardeners
- Administrative and Clerical
- Supervisory and Management

Multiple positions available at our locations.

Regional NAF Personnel Office

**1200 Fechteler Rd., Norfolk, Va. 23505
(at Terminal Blvd. and Diven St.)**

**Apply online under employment
section of our website**

**www.nsa-norva.navy.mil or call
JOBS LINE (757) 440-JOBS (5627)**

Other locations

(see web page or JOBS line for directions)

- Little Creek Amphibious Base
- Oceana/Dam Neck Annex
- Norfolk Naval Shipyard/Scott Center
- Yorktown/Cheatham Annex

**MWR is an
Equal Opportunity Employer**



**MWR Department
1682 Piersey Street
Norfolk, VA 23511-2815
Change Service Request**

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